

Eat a Combination of Nutrients

*More About Carbohydrates,
Proteins, & Fats*



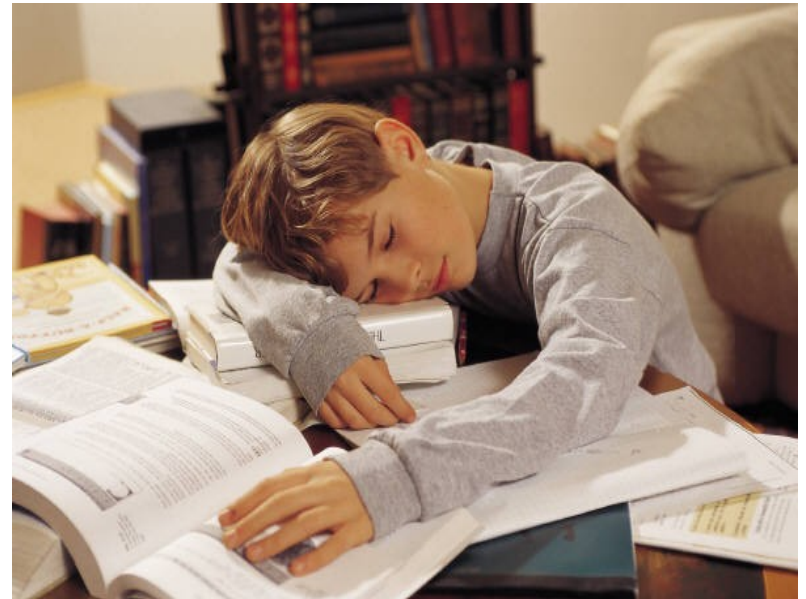
**Adapted from the Weigh to Live Program
Darnall Army Community Hospital
Fort Hood, Texas**

Carbohydrates

- The Basics - milk, fruit, bread, pasta, rice, cereal, potatoes, vegetables
- High Sugar – soda, juice, candy, etc.

Affect on Body

- Main fuel source
- Relaxed
- Too many →
 - Sleepy
 - Groggy
 - Unable to concentrate

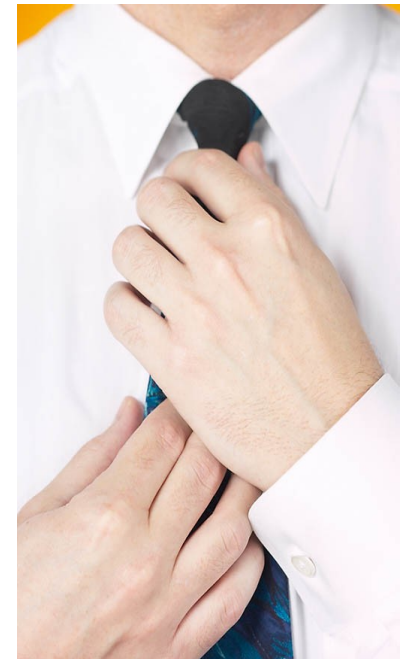


Protein

Sources - meats, fish, poultry, eggs, cheese, cottage cheese, nuts, beans

Affect on Body

- Alert
- Provides energy for the long haul
- Improved concentration
- Strength
- Injury repair



Fat

Foods - oil, salad dressing, margarine, gravy, fried foods,

meat fat Affect on Body

- Reduces cravings
- Makes food “last” longer
- Increases pleasure by helping body produce endorphins
- More enjoyment by improving flavor and texture of food
- Very concentrated energy source



Aim For a Combination of All Nutrients

For example:



Tuna Salad
Sandwich, Apple,
Milk

vs.

Vegetable Salad &
Diet Soda

Make Combinations



- What foods naturally seem to go together?
- What are some mixed feedings you can make?

